

OCTOBER 2015

STAFF

Carie Dick—Director
Bev Hinkle—Assistant Director
Cheri Brosmer—Receptionist

VAN DRIVERS

Tanya Jackson
Bernie Schaeffer



ARNOLD F. HABIG COMMUNITY CENTER

OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

Phone: 812-482-4455

Web Site: www.jasperindiana.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney	2 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Pay Me 3:00 Money due Nashville Trip *	3
4 Center Open 1-4	5 9:00 Exercise Class 9:45 Exercise Class 12:30 Hand & Foot	6 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO 3:00 RSVP Lunch Bunch *	7 7:30 Sign-Up for Tropicana Trip * 9:00 –10:30 Free Computer Assistance 12:30 Phase 10 12:30 Mah Jongg	8 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney 12:30 Book Club	9 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Dominoes	10
11 Center Open 1-4	12 9:00 Exercise Class 9:45 Exercise Class 12:30 Texas Holdem	13 7:30 Sign-Up for Derby Dinner * 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Tripoley	14 9:00 –10:30 Free Computer Assistance 11:00 Lunch Bunch 12:30 Golf 12:30 Mah Jongg	15 9:00 Exercise Class 9:45 Exercise Class 12:30 Sheephead Tourney 12:30 Hand & Foot	16 8:30 Mah Jongg 10:00 Singing Seniors at Cathedral 12:30 Hearts 3:00 RSVP Boomerama * 3:00 RSVP Catered Meal *	17
18 Center Open 1-4	19 9:00 Exercise Class 9:45 Exercise Class 12:00 Boomerama 12:30 Phase 10	20 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 HALLOWEEN BINGO	21 8:30 Leave Armory for Nashville Trip * 9:00 –10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Dominoes	22 9:00 Exercise Class 9:45 Exercise Class 12:30 Euchre Tourney	23 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Tripoley	24
25 Center Open 1-4	26 9:00 Exercise Class 9:45 Exercise Class 12:30 Pay Me	27 10:00 Tender Loving Crafts 12:00 Catered Meal 12:30 Golf 12:30 Scrabble	28 9:00 –10:30 Free Computer Assistance 12:30 Hearts 12:30 Mah Jongg	29 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney	30 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Phase 10 3:00 Money due for Tropicana Trip *	31

OCTOBER HOMEBOUND 2015

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

Dubois, Daviess, Martin, Pike, GENERATIONS NUTRITION, Menu subject to change without notice.

Meals served with milk & margarine. Phone number for meals (812)367-2990

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Breaded Cod Mixed Vegetables Seasoned Potatoes Grandma's Cookies Wheat Bread	2 Sloppy Joe Cheese Potatoes Peas Fresh Apple Bun	3
4	5 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	6 Chicken & Dumplings Brussel Sprouts Yam Patties Oatmeal Pie Wheat Bread	7 Ham & Beans Cornbread Spinach Oatmeal Pie	8 Hamburger Potatoes Green Beans Granola Bar Wheat Bread	9 Grilled Cheese Soup Peaches Crackers/Cookie	10
11	12 Hot Dog Baked Beans Steamed Cabbage Pineapple Bun	13 Cheese Omelet Hash Browns Stewed Tomatoes Orange Juice Wheat Bread	14 Pasta Casserole Cauliflower Hot Wheat Roll Pudding	15 Meatloaf Diced Potatoes Corn Graham Crackers Wheat Bread	16 Chicken Salad Peaches Salad Potato Chips Wheat Bread	17
18	19 Country Fried St/Gravy Mashed Potatoes Vegetable Blend Mixed Fruit Wheat Bread	20 Parmesan Chicken Yam Patties Stewed Tomatoes Grape Juice Wheat Bread	21 Teriyaki Chicken Sliced Potatoes Butter Beans Pears Wheat Bread	22 Smokey Riblets Peas Broccoli Granola Bar Wheat Bread	23 Lasagna Roll Corn Salad Hot Apples Wheat Roll	24
25	26 Swedish Meatballs Broccoli Carrots Mixed Fruit Wheat Bread	27 Breaded Cod Mixed Vegetables Seasoned Potatoes Grandma's Cookies Wheat Bread	28 Ham & Potato Casserole Peas Hot Wheat Roll Puddng	29 Pork BBQ Baked Beans German Potato Salad Pineapple Juice Wheat Bread	30 Turkey & Noodles Mashed Potatoes Green Beans Fresh Orange Wheat Bread	31

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



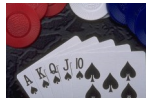
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Exercise and enjoy the beautiful Fall weather.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER
OCTOBER 2015**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop, Kindle or Ipad.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.
October 6 - Magnetic Beads
October 13 - Witches & Ghosts
October 20 - Pumpkins
October 27 - Halloween Party

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at Cathedral Health Campus (Providence Home) on Friday, October 16th.



- **BINGO:** Will be played at 12 p.m. **Tuesdays, October 6th and 20th. The 20th we will celebrate Halloween, so come in costume! The top 3 crowd favorites will receive free bingo cards.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change . Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

B I N G O									
7	25	44	57	62					
15	22	40	50	70					
11	30			46	74				
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays October 6th and 20th.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** For more of a challenge, come in at **9:45 a.m. on Monday & Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



CARD TOURNEYS



- **Thursday, October 1st**
Cinch Tourney
- **Thursday, October 8th**
Rum Tourney
- **Thursday, October 15th**
Sheephead Tourney
- **Thursday, October 22nd**
Euchre Tourney
- **Thursday, October 29th**
Rum Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Monday, October 12th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives the cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Friday, October 9th and Wednesday, October 21st.** It is a fun game that is easy to learn. Everyone is welcome! **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers will be played at **12:30 p.m. Friday, October 2nd and Monday, October 26th.** Please let us know by 10 a.m. if you are coming in to play.

RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Tuesday, October 13th and Friday, October 23rd.** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



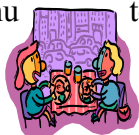
- **SCRABBLE:** How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, October 13th and 27th.** **Please sign-up by 10 a.m. game day if you plan to attend.**
- **PHASE-10:** Will be played Wednesday, October 7th, Monday, October 19th and Friday, October 30th at **12:30 p.m.** It is a fun easy card game, **Please call in by 10:00 a.m. if you would like to play.**
- **HEARTS:** We will play at **12:30 p.m. Friday, October 16th and Wednesday, October 28th.** This game is easy to learn and very enjoyable. **Call in by 10:00 a.m. if you will be able to play.**
- **GOLF:** The card game will be played **Wednesday, October 14th and Tuesday, October 27th at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **HAND AND FOOT:** A 2 handed, game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck and all jokers. Join us **Monday, October 5th and Thursday, October 15th at 12:30 p.m.** Please call in by 10:00 a.m. if you would like to play.
- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.
- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday please call in by 10 a.m. to let us know.** New players welcome.

RAINBOW MESSENGER

SPECIAL ACTIVITIES

- **LUNCH BUNCH:** Join us at The Rock (formerly Shamrock Café) in Ireland on **Wednesday, October 14th at 11:00 a.m.** The Wednesday plate lunch is Fried Chicken with 2 sides for \$7.00 without drink and \$7.50 with drink. Plus they have a menu to select from. As always the meal is “dutch treat”.



Reservations are due by 3:00 p.m. Tuesday, October 6th. Come enjoy good food and visit with old friends & make new ones!

- **CATERED MEAL:** Will be held at **12:00 on Tuesday, October 27th with Catering by Meyer** preparing the meal. The menu will be: 3/4 inch Pork Chop, cheesy potato casserole, California medley with cheese on the side, sweet & sour slaw, wheat dinner rolls, unsweetened iced tea or decaf coffee. Cost of the meal is **\$8.00.**

Please make your reservations by 3:00 p.m. Friday, October 16th.



- **BOOMERAMA:** Will be held, Monday, October 19th at 12:00. The speaker will be Todd Maki. He is the Executive Director of St. Charles Health Campus in Jasper. He will be presenting “Traditional Medicare VS Medicare Advantage Plans: What you should know before deciding what’s best for you” This presentation is just in time for the Medicare open enrollment period that starts on October 15th! The program is free. There is a \$5.00 charge to cover the cost of the optional lunch. Reservations are due by 3:00 on Friday, October 16th.

- **BOOK CLUB:** Due to lack of attendance in September, we will discuss “The Castaways” by Elin Hilderbrand at 12:30 p.m. Thursday, October 8th. The November book will be “The Forgotten”, by David Baldacci. Army Special Agent John Puller has investigated some tough crimes facing our nation, but now it’s personal. New members are always welcome. (Meeting in The Library at Center)



- **BIRTHDAY & ANNIVERSARY:**

We will no longer be publishing birthday and anniversaries in the newsletter. If you would like your birthday and/or anniversary to appear on the bulletin board at the Center, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

- Free beginner and intermediate bridge lessons. Call Cindy Kluemper at (812)482-3299 or Mary Ann Seng at (812)482-1101

TRIPS

Nashville, Indiana Wednesday, October 21st

We will visit beautiful Nashville, IN on Wednesday, October 21st. We will leave the Armory at 8:30 a.m. You will have the day to visit the unique shops at little Nashville and eat where you wish. We will board the coach at 3:00 p.m. for the ride home. We should return around 4:30 or 5:00. Cost of the trip will be \$32.00 for transportation. Money is due by 3:00 p.m. on Friday, October 2nd.

NOVEMBER

TROPICANA CASINO Wednesday, November 18th

Mark your calendar for Wednesday, November 18th. We will leave the Armory at 8:45 a.m. with pick-ups at the Huntingburg Methodist Church upon request. You will receive \$8.00 in slot play and \$9.95 in meal credit to use at any of the restaurants on the Tropicana Property. Cost of the trip is \$15.00. Sign-ups start by phone at 7:30 a.m. on Wednesday, October 7th. We will need your Tropicana Card Number or your name, address, and date of birth when paying. Money is due by 3:00 p.m. Friday, October 30th

DECEMBER

DERBY DINNER PLAYHOUSE Thursday, December 10th

Our trip to the Derby Dinner to see "White Christmas" is set for Thursday, December 10th. We will leave the Armory at 9:30 a.m. with pickup in Huntingburg if requested. Enjoy the lunch, matinee show, and transportation for \$63.00. Sign-ups start by phone at 7:30 a.m. on Tuesday, October 13. Money is due by 3:00 p.m. on Monday, November 2nd.



Recipe Exchange

Easy Chocolate Chip Pumpkin Bars

Ingredients:

- 1 Package Spice Cake Mix (Regular Size)
- 1 Can (15 ounces) solid-pack pumpkin
- 2 Cups (12 ounces) semisweet chocolate chips, divided

Directions: In a large bowl, combine cake mix and pumpkin; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in 1-1/2 cups chocolate chips. Transfer to a greased 13" X 9" baking dish. Bake at 350 degrees for 30-35 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. In a microwave, melt the remaining chocolate chips; stir until smooth. Drizzle over bars. Let stand until set.

Yield: 3 dozen

Submitted from: Taste of Home

Have a good recipe to share? We would be happy to publish it.

HUNTINGBURG SENIOR CENTER OCTOBER 2015

Call the Center at 683-2994 to make reservations for the Card Tournaments held at 12:30 p.m. on **Mondays**. You will enjoy the day!!



There will be Bingo all 4 Wednesdays, in October



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others



The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	

Deer in the Headlights - A card & dice game. Several have learned to play this and really enjoyed it.

Boggle - A word game using scrambled letters and a timer.

Electronic dart board & a mini 9-hole golf to practice your putting skills.

****We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.****

Puzzle: We have one started, come in and help put it together!



CARRY-IN LUNCH

Thursdays, October 8th and 22nd.

Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



Don't quit walking just because the gym is closed. Walking trails are available in the City and around the county so you can continue your fitness routine.



Memorial Gym will be open for walking beginning Monday, October 5. Hours are Monday—Friday 5:00 am to 1:30 pm and Saturday 7:00 am to 11:00 am

**** Get your Blood Pressure Checked****
First Wednesday of the month from 12:30 - 1:00 p.m.

There will be NO blood pressure checks on Wednesday, October 7

OCTOBER BIRTHDAYS

Rafe Schaefer - 5th
Michelle Reller - 7th
Butch Bohnert - 13th
Alfred Coffey - 23rd
Millie Blemker - 28th
Lou Steckler—29th



ALASKAN CRUISE



The Huntingburg Senior Center is sponsoring a cruise to Alaska aboard the Norwegian Jewel, May 14 thru 21, 2016. This trip will include round trip flight to Seattle from Louisville and 7 nights on the ship with all meals furnished. The ports of call will be Ketchikan, Juneau, Skagway, and Victoria, British Columbia. The cost is \$2,190 for an inside cabin, \$2,399.00 for an outside cabin, and \$2,739.00 for a balcony cabin. These prices are per person based on double occupancy. A valid passport is required. A \$300.00 deposit along with full name and birthdate is required by December 16, 2015. Any additional people who are interested in the cruise will be subject to availability of cabins and possibly a higher rate as well. Final payment for the cruise will be due by February 1, 2016. The cruise line requires the passenger's first, middle, and last name as it appears on their passport. Forms are available by contacting Rita Reller at the Huntingburg Senior Center, 309 N Geiger St, Huntingburg, IN 47542. Anyone 18 years of age or older may sign up.



OCTOBER 2015

HUNTINGBURG SENIOR CENTER
309 N Geiger St
Huntingburg IN 47542
812-683-2994
Rita: 812-309-9576

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Picnic in the Park 11-4	2 CLOSED	3
4	5 12:30 Cinch Tourney Sponsor: Brookside	6 CLOSED	7 1:00 BINGO Sponsor: HLS 2:00 Cards & Games	8 12:00 Carry in Lunch Sponsor: St Charles 1:00 Cards & Games	9 CLOSED	10
11	12 12:30 Euchre Tourney Sponsor: The Timbers	13 CLOSED	14 1:00 BINGO Sponsor: ViaQuest 2:00 Cards & Games	15 12:00 Cards & Games	16 CLOSED	17
18	19 12:30 Cinch Tourney Sponsor: Northwood	20 CLOSED	21 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	22 12:00 Carry in Lunch 1:00 Cards & Games	23 CLOSED	24
25	26 12:30 Euchre Tourney Sponsor: ViaQuest	27 CLOSED	28 1:00 BINGO Sponsor: The Waters 2:00 Cards & Games	29 12:00 Cards & Games	30 CLOSED	31 Happy Halloween 